

The BOMBARDIER

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Serving Barksdale Air Force Base, La., since 1932

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Airman 1st Class Tabitha Wininger/2d CS

Hangin' around

Col. Bob Todaro, 2d Medical Group commander, trains in a virtual reality hanging harness at the 2d Operational Support Squadron Life Support to maintain his flight surgeon status. Colonel Todaro is assisted by Master Sgt. Mark Marcotte, 2d OSS survival, evasion, resistance and escape operations and training superintendent. The four-hour training must be done on a semiannual basis.

2d BW prepares for fitness test

J. MANNY GUENDULAY

THE BOMBARDIER

Members of the 2d Bomb Wing are proving they're fit to fight beginning this month as Airmen take their annual physical fitness tests.

The wing has until September to test 100 percent of its members.

The testing period is the second since the Air Force released new fitness requirements last year.

With the fitness test coming up, unit health monitors are interested in seeing the results of their coworkers. Capt. Keith Anderson, 2d BW judge advocate and fitness monitor for 2d BW staff agencies, feels confident about the tests because of the outlets for training that the base has offered.

"I'm excited about the results of these upcoming tests Tuesday and Thursday, which is when we test," Captain Anderson said. "I've seen noticeable improvement in several areas and a lot of people who were walking when they started training are able to run during their whole test."

The people at the base fitness center are noticing the initiative that Barksdale Airmen are taking to ensure excellence during the tests. Master Sgt. Robert Hauer, fitness center superintendent, said he noticed an increase in people training.

"While people are of course coming to their mandatory squadron physical training meetings, we are pretty much filled up all of the time," Sergeant Hauer said. "From when we open at 5 until 8 in the morning and after 5 in the afternoon to closure, we are pretty busy."

Sergeant Hauer also said that the center provides 15 exercise classes to help Airmen "enhance their own physical fitness programs."

Another office on base that Airmen are encouraged to visit is the Health and Wellness Center where officer in charge Maj. Edna Kelley said members have opportunities to improve on their physical health and wellness by improving their lifestyles.

"People often think of us as the 'sick' center, but instead we are the Health and Wellness Center, which is to help keep people from getting sick," Major Kelley said. "We offer programs to help people stop smoking, reduce high blood pressure and build fitness and healthy nutrition practices."

The center also conducts healthy living workshops for Airmen who have difficulty performing well on fitness tests. After each workshop Airmen provide feedback responses.

"One of my responses said that it would be good if the healthy living workshop could be incorporated into commander's calls and other meetings so that the lessons could be used as a preventative measure rather than a reactive one," Major Kelley said.

Though the lifestyles-based class is geared for Airmen who have performed poorly on fitness tests, Major Kelley said that spouses and family members are invited to attend.

Department of Defense officials are launching a new health initiative with a preventive health program called "Healthy Choices for Life." The program, which is managed by Tricare, is intended to "put information in the hands of individual service members and family members so that they can change their behavior," said Dr. William Winkenwerder Jr., the assistant secretary of defense for health affairs.

The program will focus on persuading people to live healthier lifestyles by learning better habits such as quitting smoking, moderating drinking habits and exercising to lose weight, he said.

Wing Tricare representative, Mr. Ed Merritt, says that more information about the \$13 million program and its presence on the base will be released soon.

For more information about the DOD program, visit www.tricare.osd.mil/healthychoices/. Call 456-4135 for sports and fitness center information. Call the HAWC at 456-6722 for more information on their workshops and classes.

Weekend Weather



Today
Mostly sunny

Hi: 62
Low: 33



Saturday
Isolated showers

Hi: 58
Low: 42



Sunday
Rain

Hi: 62
Low: 45

Courtesy 26th Operational Weather Squadron

FeaturePage 10



Buildin' 'em so
we can drop
'em

SportsPage 15



2d BW grappler
prepares for
Air Force trials

Sortie Scoreboard

2d Bomb Wing monthly flying goals

Depicted in hours	11th Bomb Squadron	2d Bomb Squadron	3d Bomb Squadron
Goal:	300.9	356.1	433.3
Flown:	53.7	74.8	56.7
Remaining:	247.2	281.3	376.6
As of:			
Feb. 4	+9.0	+33.5	-19.0

Courtesy 2d Operations Group



Never forget...

COL. MICHAEL MOELLER
2D BOMB WING COMMANDER

I receive many, many complimentary letters about the incredible work that our warriors do — both at home and in deployed locations around the globe. However, last week a very special note arrived that I want to share with you. It shows an appreciation for your service and sacrifice and reminds us we can never forget the importance of our work. The letter is from Mr. John Price whose son, Army 1st Lt. Timothy Price, was killed in action while serving in Iraq on Sept. 6, 2004.

Mr. Price writes:

"Sept. 11, 2004 was both a sad and busy day for me as I finalized preparations for my son's funeral. While I was unable to attend the Western Michigan season opening football game personally, many of my friends and friends of Tim were at the stadium. They told me about the wonderful pre-game ceremony honoring Tim's memory. But the one thing everyone at the game commented on, was the sight of the huge B-52 that appeared over the scoreboard just as the last note of the national anthem faded away. What a fitting tribute to those who had perished on this date in 2001 and to my son, who made the ultimate sacrifice in Iraq just five days earlier. Although nothing can ever replace the loss of my son, Tim, the great respect, shown both to him and the members of his family, have eased the pain somewhat and helped the healing process to begin.

"My thanks to the crew from the 2d Bomb Wing that flew the B-52 mission on Sept. 11, 2004 and the 11th Bomb Squadron for presenting the flag and unit patch in my son's memory. The plaque that was given to me is hung in a place of honor in my home



and will forever change the way I feel about Sept. 11. We will prevail in Iraq, finishing the job my son and thousands of other soldiers, sailors, airmen and marines have started. I am proud to be a father of a true warrior and to be an American at this important period in world history."

Mr. Price's eloquent words remind us that we must never forget that it is both a tremendous privilege and responsibility to be a part of something so very special — the United States Air Force. We have chosen a dangerous profession but the work you do here at Barksdale is so vital and it makes a huge positive difference in our nation, Air Force, base and the community. Never forget that every morning when you put on your uniform you honor Lieutenant Price and all those who have fought and died for this great nation. Never forget that every person in the mighty Deuce plays a critical role in our success so it is important that you know where you fit in our mission chain. This chain is made of titanium — we cannot afford to have any weak links. So never forget that you must always do your very best every minute of every day. Never forget...

Action line: what are South Gate hours

Query: I tried to use the South Gate at 12:40 p.m. and it was closed. It's supposed to be open until 1 p.m. Is there any reason why the gate is not open when scheduled?

Response: The South Gate is not

a primary entry control gate for the installation; rather it is a convenience gate. Consequently, due to extremely heavy taskings for our security forces warriors, the gate is manned by a patrol that may have to close the gate if dis-

patched to a higher priority call or emergency response. We apologize for the inconvenience and work hard to stay open during the gate operating hours of 6 to 8 a.m., 11 a.m. to 1 p.m. and 3:30 to 6 p.m., Monday-Friday.

Vision
The 2d Bomb Wing is first ... in peace ...
in war ... to victory!

Mission
Exceptional warriors ready now to provide responsive, flexible and accurate bomber combat power and operational support to warfighting commanders. Anytime, anywhere.

Vector
Total focus on mission excellence
Work together — take care of each other to build trust and teamwork
Offer opportunities for personal and professional wellness and growth

Action Line 456-4000

action.line@barksdale.af.mil

The Action Line is an avenue for complaints, suggestions and kudos on services provided at Barksdale. Comments can help make the base a better place.

Although the Action Line is always available for use, the best and fastest way to resolve problems is through the chain of command or the organization involved.

Individuals are encouraged to go that route first. If the problem is still unresolved, call the Action Line and the appropriate base agency will address the problem. Positive feedback about Barksdale is also encouraged. Please leave a name and phone number when calling the Action Line as more information may be needed.



Col. Michael Moeller
2d Bomb Wing commander

Key Customer Service Numbers

AAFES Admin Office . . . 741-3243	Facilities and Utilities . . . 456-3072
Base Operator 456-1110	Fraud Waste and Abuse 456-1000
BX 752-9227	Housing 456-4324
Casualty Office 456-2212	Inspector General . . . 456-5049
Civilian Pay 456-2741	Law Enforcement . . . 456-2551
Civilian Personnel . . . 456-4502	Legal Assistance . . . 456-2561
Claims Office 456-2563	Military Pay 456-4733
Clinic Patient Advocate 456-6361	Military Personnel . . . 456-2117
Commissary 456-8263	Retiree Activities Office 456-4480
Contracting 456-2113	Safety 456-2569
Directory Assistance . . 456-2252	Services 456-2475
Environmental Flight . . 456-4629	Travel Pay 456-2766

The BOMBARDIER
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The deadline is 4:30 p.m. one week prior to publication. Submissions must be typed on plain, bond paper; on a clearly labeled computer disk in ASCII text or Microsoft Word format; or e-mailed to thebombardier@barksdale.af.mil. Submissions must include full rank, name and phone number of the author. All articles will be edited for accuracy, brevity, clarity and journalistic style and run on a space-available basis.

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Motivation requires direction and vector

BY CAPT. JAMES FOX

2D MUNITIONS SQUADRON

Motivation. What exactly is motivation? Is it something we can get in a pill or drink (you know, that liquid motivation many of us covet each morning)? Is it a feeling or desire to strive toward a goal? My definition of motivation is something that excites and activates our behavior. It inspires. It pushes us to do more than what is required of us. It is a vital characteristic that must be present in each and every one of us.

So now that we know what motivation is, what is motivation without direction? All thrust (motivation) and no vector (direction) is wasted energy. We all need to have personal and professional goals and we must vector (give direction to) that energy into short and long-term goals. All successful people, of all ranks and backgrounds, have goals. Without them we are driving a powerful car without a steering wheel.

So how do we get there? How can we set goals? One, know the difference between short and long-term goals. They can be related to the same goal but at times we need to break them down into baby-steps. Two, know what kind of goal you want to set for yourself. Is this goal spiritual, physical, financial, career driven, etc.? Three, write goals down. I know this may sound trite, but it works (the faintest ink is better than the best memory). You must have a road map to remind you of the direction you are headed. Four, review your goals daily. Sometimes life will require you to alter or change your goals. This is not a failure. It is adapting and overcoming obstacles that you had the insight to change.

Here are some goal setting strategies that have helped me: One, make your goals specific — define them precisely. Two, set timelines — set dates and times to measure your success (we all need feedback). Three, prioritize your goals — too many goals can overwhelm and cause unwanted stress. Break them down and prioritize each one. Four, set realistic goals — it can be too difficult to measure success of a lofty (unrealistic) goal. Be careful not to set goals too low due to fear of failure. Nothing worth the time or effort is easy. You must challenge yourself or you will not grow. Five, have a lifetime vision — know where you want to be five years from now, 10 years and at retirement. Your short-term goals should lead you to making your lifetime vision a reality.

Whatever goals you make for yourself, make sure that you make them specific, set timelines, prioritize, write them down, adjust them if you need to and do not lose sight of your vision. If you're an airman basic and your vision is to make chief master sergeant, start setting goals immediately. Write down "I want to make Airman of the quarter, senior airman below-the-zone, staff sergeant first time testing, etc." Bottom line, be the best in your job! Learn your job and perform your job the best you can. If you do your best and set both professional and personal goals, you will succeed! We all need to vector our motivation into obtainable goals. If we do not have goals, we are on a ship with no captain. Do not let the wind carry you where it wants to take you. Take control of your life and make it happen for you.

Gene Donohue once said, "The difference between a goal and a dream is the written word."

CONTROL YOURSELF



Play it smart. Know your skill level and ride within it.



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U.S. Air Force photo

One more star

Gen. Donald Cook, Air Education and Training Command commander, and Bev Fraser pin the third star on her husband, Lt. Gen. William Fraser III, during a promotion ceremony at the officers club at Langley Air Force Base, Va., Feb. 3. General Fraser, who served as the 2d Bomb Wing commander May 17, 1999 to Dec. 6, 2000, took over as Air Combat Command's vice commander Sunday and will serve as the command's acting commander.

Parents reminded of children's dental health care during February

STAFF REPORTS

The 2d Dental Squadron is big on small smiles.

In observance of National Children's Dental Health Month through February, the 2d Dental Squadron has several suggestions to keep children's teeth healthy.

Baby teeth can be rapidly destroyed by decay as a result of the child being put to bed with a bottle containing liquids other than water. This type of disease, known as nursing bottle decay, is a rapid form of decay that affects the upper front teeth and upper and lower back teeth. This form of decay can also result from breast feeding on demand throughout the night.

Often, this disease process results in premature tooth loss and leads to a number of problems. Future permanent teeth are also more susceptible to develop decay.

Premature loss of front teeth may interfere with speech development and create social problems.

Dr. Phuong-Giang Pham, 2d DS dentist, reminds parents to never use a bottle as a pacifier during naps or bedtime.

"Even with very young children, one must wipe children's teeth and gums with a baby cloth or gauze after each feeding," she said.

For children older than infants there are other helpful ways to keep their teeth healthy.

The daily use of fluoride has been shown to be helpful in making teeth more resistant to decay.

"In the Shreveport and Bossier City area, the community water supply is adequately fluoridated," said Col. Terrance Kinyon, 2d DS commander. "If children drink enough water they're getting the fluoride they need."

For people moving overseas or to other areas of the country, it is important that the move is discussed with a pediatric dentist to determine if a child will need a fluoride supplement. Fluoride is also found in most toothpaste.

It is important for parents to be involved with the brushing of their child's teeth to ensure that only a pea-size amount of toothpaste is used because children under 6 years old have a tendency to swallow toothpaste.

Swallowing a large amount of toothpaste can lead to a condition known as fluorosis, a discoloration of the permanent teeth which can be mild (white banding) to severe (brown stains with rough and pitted tooth surfaces).

"There are many fluoride-containing products on the market today that are tasty to children and are very beneficial," Dr. Pham

said. "However, fluoride, like many medications can be toxic if too much is ingested."

It is imperative that children are supervised by an adult when using dental products. When not in use, ensure that products are safely out of reach of children.

"We encourage parents to brush their children's teeth for them to set an example," Colonel Kinyon said.

In addition to fluoride, children can be given sealants to protect from tooth decay.

Even with the best toothbrushing, it is sometimes difficult to adequately clean the pits and grooves of teeth. Food and bacteria can collect in these deep areas and put a child's teeth at risk for decay. Sealants are a plastic coating that can be applied to these areas to prevent build-up of plaque and bacteria. This helps keep your child cavity-free.

It has been shown that sealants can last many years. This will protect the teeth during those cavity-prone years. Teeth that can benefit from sealants the most are the 6-year and 12-year molars. However, any tooth with pits and grooves could benefit from a sealant. The application of sealants is quick and comfortable, so be sure to talk with a pediatric dentist to see if the child is ready for this preventive procedure.

Even with protective measures it's vital to

children's teeth that they eat correctly and avoid foods that may damage their teeth.

"A healthy diet that includes fruits, vegetables, breads, cereals, milk and dairy products, meat, fish and eggs is important for a child's development," Dr. Pham said. "A balanced diet that includes these foods is essential for good teeth and gum development."

A diet high in sugar and starches may place children at risk for dental decay.

"It is important to read the nutrition label on items that you purchase because sugar can be found in so many products," Dr. Pham said. "Items not thought to contain large amounts of sugar, such as juice and soft drink mixes, can be very damaging to the teeth."

"Parents are the most important role model for children when developing good oral health practices," Dr. Pham said. "The attitudes and habits that children develop now will last a lifetime."

The Academy of Pediatric Dentistry recommends children be seen for their first dental visit at the time their first tooth appears or by their first birthday.

"Brushing, flossing and regular dental visits are essential to keeping a healthy smile for a lifetime," Dr. Pham said.

News Briefs

Retirements

Master Sgt. Robert Barbour

Master Sgt. Robert Barbour, 2d Aircraft Maintenance Squadron, retires after 25 years of dedicated service during a ceremony today at 2 p.m. in the 11th Bomb Squadron theater. Dress is casual for civilians and uniform of the day for military. Call Tech. Sgt. John Musgrove at 456-4634 for more information.

Master Sgt. Hubert Brantley

Master Sgt. Hubert Brantley, 8th Air Force Detachment 1, Network Operations and Security Center, retires after 21 years of dedicated service in a ceremony Feb. 18 at 1 p.m. at the 8th Air Force Museum. Dress is casual for civilians and uniform of the day for military.

Absentee voting

In order to absentee vote in local and state elections through 2005, fill out and mail a Standard Form 76, Federal Post Card Registration and Absentee Ballot Request, to local election officials. Members can also see unit or group voting assistance points of contact and fill out a hard-copy. The form is online at www.fvap.gov/pubs/onlinefpca.html.

Base legal closed

The 2d Bomb Wing Legal Office is closed for an official function today from 11 a.m. to 1 p.m.

2d BW staff, associate unit awards

The following people earned 2d Bomb Wing staff agency and associate unit annual awards: company grade

officer — 1st Lt. Jamie Smith, 2d Comptroller Squadron; senior NCO — Master Sgt. Terrance Jones, 2d Bomb Wing Plans and Programs; NCO — Tech. Sgt. Michael Garner, 2d BW Safety Office; Airman — Senior Airman Jason Minarik, 49th Test and Evaluation Squadron; GS-9 and above — Ms. Kimberly Luce, 2d CPTS; and GS-8 and below — Ms. Theresa Guajardo, 2d BW Legal Office.

The following members earned quarterly awards for the fourth quarter of 2004: company grade officer — 2d Lt. Kathryn King, 2d CPTS; senior NCO — Senior Master Sgt. Richard Pacheco, 2d BW Legal Office; NCO — Tech. Sgt. Peter Desjardins, 49th TES; Airman — Staff Sgt. Joseph Lassitter, 2 BW Legal Office; GS-9 and above — Mr. Percy Adams, 2d BW Safety Office; and GS-8 and below — Ms. Emma Richardson, 2d CPTS.



Chris Cowan/Mudbugs

Puck drop

Col. Ed Barnette, 2d Bomb Wing inspector general, and his son, Cameron, drop the ceremonial first puck with Ms. Catherine McKay for two players before the Mudbugs' Jan. 28 contest against Loredo. The Mudbugs won the game, 4-3 on two goals in the final minutes of regulation.

F/A-22 passes initial evaluation

BY STAFF SGT. C. TODD LOPEZ

AIR FORCE PRINT NEWS

The results of a recently released Air Force study bode well for the future of the F/A-22 Raptor, officials said.

The Raptor demonstrated "overwhelmingly effective" warfighting capability according to the initial operational test and evaluation report released by Air Force Operational Test and Evaluation Center officials at Kirtland Air Force Base, N.M.

Every new system the Air Force acquires must undergo testing by the center, the service's independent testing agency. Testing for the F/A-22 began in late April and was conducted primarily at the Nevada Test and Training Range. Additional tests were performed in simulators at a facility in Marietta, Ga., officials said.

The tests are done to determine both the operational effectiveness and the suitability of the weapons system. The tests assess four critical issues identified by the warfighter: lethality, survivability, deployability and maintainability.

The determination of an aircraft's operational effectiveness is based on the aircraft's combat capability, officials said.

During this testing, the Air Force flew as many as four F/A-22s in a variety of airborne

simulated combat scenarios.

According to the report, the F/A-22 performed more than two times better than the F-15C Eagle aircraft in similar tests. Additionally, the report states no adversary aircraft survived engagement with the F/A-22. For operational performance, the report deemed the Raptor "effective."

"The Raptor operated against all adversaries with virtual impunity," said Maj. Gen. Richard B.H. "Rick" Lewis, Air Force program executive officer for the F/A-22. "The ground-based systems couldn't engage the Raptor, and no adversary aircraft survived. That is air dominance, and that's exactly what the Raptor was designed to give us."

The F/A-22 scored slightly less in the way of suitability. The center rated the aircraft "potentially suitable." Suitability tests rate the ease at which the aircraft can be deployed and maintained.

The center identified a number of suitability deficiencies in the F/A-22, which Air Force officials said they are already working to correct.

Air Force officials said the rating indicates the progress the aircraft continues to make as it goes to initial operational capability.

This December, the Raptor is expected to reach initial operational capability, which is the ability to conduct combat operations worldwide.

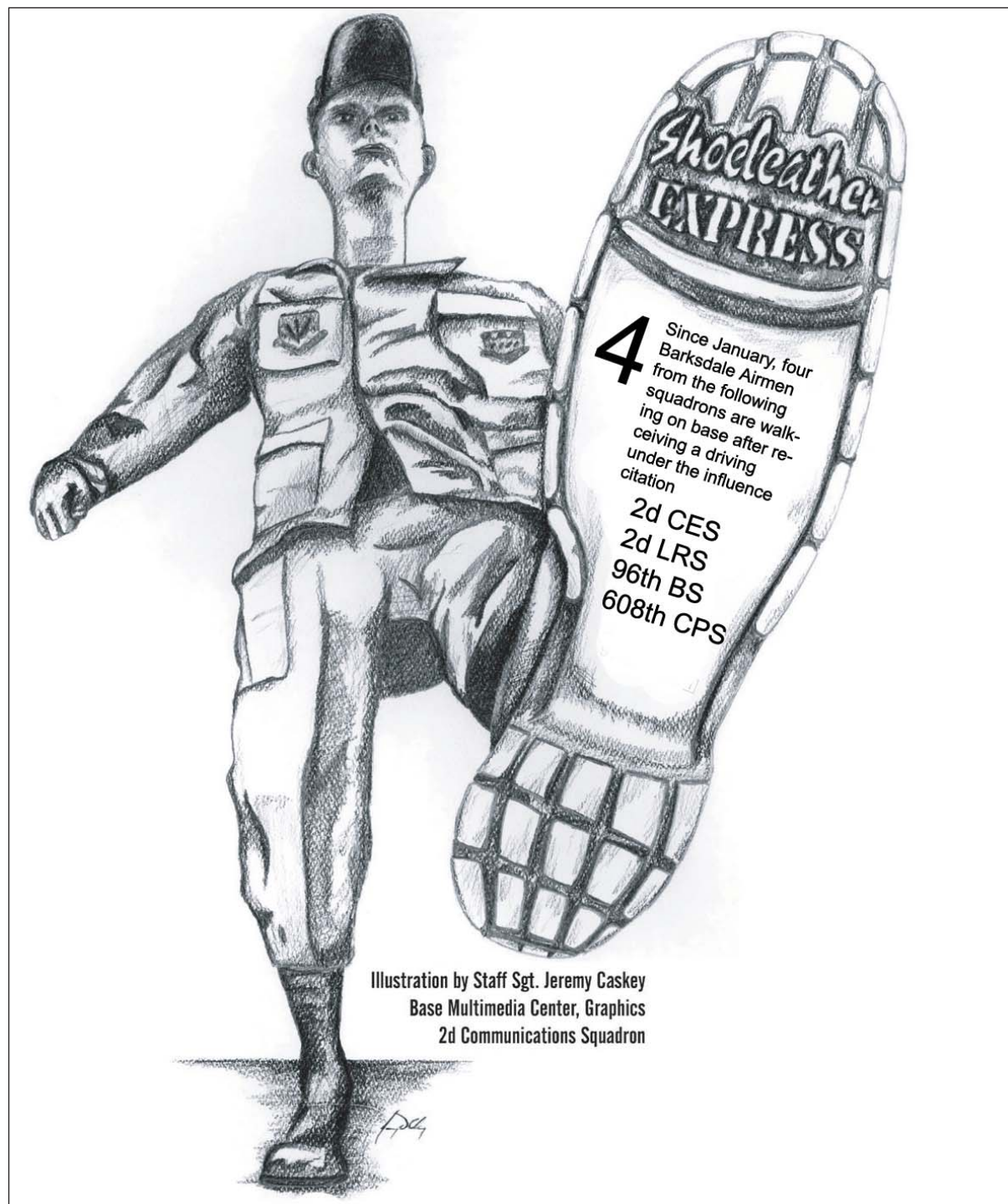


Illustration by Staff Sgt. Jeremy Caskey
Base Multimedia Center, Graphics
2d Communications Squadron

Five 2d MDG officers promoted

STAFF AND WIRE REPORTS

The Medical and Dental Central Selection Board promoted five officers from the 2d Medical Group Jan. 21.

Air Force wide, the board selected 67 lieutenant colonels, 144 majors and 400 captains for promotion. The board considered 1,331 officers.

The promotions at the 2d MG are as follows: Maj. Matthew Welch, 2d Dental Squadron, was selected for lieutenant colonel. Cpts. Steven Nordeen, 2d Medical Operations Squadron, John Vickery-Antonio, 2d MDOS, Penny Vroman, 2d MDOS, and Eunkoo Kim, 2d DS, were selected for major.

The results and selection statistics are as follows:

For below the promotion zone for colonel selections one dental corps officer was selected from 51 considered for a 2 percent selection rate and two medical corps officers were selected from

131 considered for a 1.5 percent selection rate.

For in-the-promotion zone for lieutenant colonel selections, 15 dental corps officers were selected from 15 considered for a 100 percent selection rate and 120 medical corps officers were selected from 122 considered for a 98.4 percent selection rate.

For above the promotion zone for lieutenant colonel selections, no dental corps officers were selected from one considered and two medical corps officers were selected from three considered for a 66.7 percent selection rate.

For below-the-promotion zone for lieutenant colonel selections, one dental corps officer was selected from 57 considered for a 1.8 percent selection rate and six medical corps officers were selected from 341 considered for a 1.8 percent selection rate.

For in the promotion zone for major selections, 45 dental corps officers were selected from 45

considered for a 100 percent selection rate and 355 medical corps officers were selected from 359 considered for a 98.9 percent selection rate.

For above-the-promotion zone for major selections, no dental corps officers were considered and no medical corps officers were selected from three considered.

There was no consideration for below-the-promotion zone for major.

The entire list is posted on the Air Force Personnel Center's Web site at www.afpc.randolph.af.mil/offprom/.

Unit commanders should be aware that no officer may pin-on promotion until after senate confirmation.

Those officers with unknown projected dates of ranks indicated by "Sept. 9 - 3999" are officers that have more than six years time-in-grade, but are not able to pin on because senate has not confirmed the list.

Airmen receive Arts. 15

2D BOMB WING LEGAL OFFICE

Five Barksdale members received nonjudicial punishment under Article 15 of the Uniform Code of Military Justice from Jan. 24-27.

An airman first class was disorderly and brought discredit upon the service. Punishment consisted of a suspended reduction to airman and forfeiture of \$339 pay for one month.

An airman first class was derelict in the performance of his duty by willfully using provoking speeches or gestures. Punishment consisted of a suspended reduction to airman, reprimand and forfeiture of \$312 pay for two months.

A senior airman was found to be intoxicated during duty. Punishment consisted of a suspended reduction to airman first class, 30 days extra duty and forfeiture of \$300 pay for two months.

A senior airman was found to be intoxicated during duty. Punishment consisted of a suspended reduction to airman first class, 20 days extra duty and a reprimand.

A senior airman committed larceny by attempting to steal a compact disc from the base exchange. Punishment consisted of a suspended reduction to airman first class, 20 days extra duty and forfeiture of \$200 pay for two months.

There were three discharges for misconduct under the Rapid Discharge Program during the above time frame.

Guam tours change from short to long

WIRE REPORTS

RANDOLPH AIR FORCE BASE, Texas — The assistant secretary of defense has approved a tour length change to Guam.

Beginning Jan. 1, 2006, accompanied tours will change from 24 to 36 months, and unaccompanied tours will go from 15 to 24 months. This makes an assignment to the island a long tour versus a short tour.

Airmen who report to Guam before Dec. 31 will continue to receive short tour credit. Those reporting on or after Jan. 1, 2006 will serve the long tour and subsequently receive long-tour credit.

Airmen can call the military personnel flight at 456-3292 for more information. *(Courtesy of Air Force Personnel Center News Service)*



Here's a Sobering Thought



Even a little alcohol can affect your judgment, balance and coordination. The fact is, almost half of the riders who die in solo motorcycle crashes have been drinking. Play it safe. Don't start drinking until you've finished riding.



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Top: Airman 1st Class Aaron Russell, 2d Munitions Squadron strategic flight team member, is the hoist driver while his team members move a missile from a test to a maintenance stand.
Below: Airman 1st Class Jason Smith, a strategic flight team member, performs corrosion repair on an AGM- 86.



Helping put bombs on target

BY 2D LT. VALERIE DECKER
2D BOMB WING PUBLIC AFFAIRS

Americans in support of the war on terror and Operation Iraqi Freedom place their faith in the hands of military experts. Barksdale has an entire base full of experts that help win the war on terrorism and OIF every day.

These experts include people from the 2d Medical Group, pilots and electronic warfare officers from the 2d Operations Group and Airmen from the communications, munitions, intelligence, logistics and maintenance squadrons; however, there is one group of experts that may not come to mind since they work in the most secure area on base.

The men and women of the 2d Munitions Squadron’s Strategic Flight contribute directly to one of the biggest components toward the war on terror: bombs on target.

2d MUNS provides multiple munitions and missiles for the B-52. They perform storage, maintenance, inspection, testing, security and transportation for the largest stockpile of munitions in Air Combat Command.

The analysis component in strategic flight is like the “brain of the operation” for the Integrated Maintenance Facility because the analysis section keeps track of maintenance that has been done and coordinates future maintenance, said Airman 1st Class Raven Skinner, 2d MUNS missile analyst.

“Our job is to coordinate maintenance that’s been done as well as upcoming maintenance,” Airman Skinner said. “It’s important to remember that if we don’t do our jobs, everyone else won’t know what needs to get done and the mission doesn’t get done.”

Attention to detail is crucial to getting the job done right the first time, said Staff Sgt. Matt Domingos, strategic weapons team chief.

Sergeant Domingos begins his day with a 7 a.m. briefing. Every team chief is in charge of a crew and everyone assigned a task.

Sergeant Domingos’ most important task to make sure no one is hurt or killed. He works in the maintenance bay where Priority A resources are maintained. Team

chiefs watch over their crews and ensure weapons are maintained to the highest of standards.

“If our job isn’t done right the first time, weapons won’t function as they are designed,” Sergeant Domingos said. “It’s a simple concept, if it doesn’t function, it doesn’t explode. Then all that’s left is a 3,000-pound paper weight instead of a missile.”

The best part of being a crew chief is watching Airmen grow, Sergeant Domingos said. “I train them and watch them mature. When you first meet them they don’t know anything. Watching them develop into crew chiefs is an awesome experience. Our jobs are important because we all work together to get one mission done.”

Safety is most important, Sergeant Domingos said, and keeping up with every Airman can be a challenge. “The tough times hit when you’re in control of a four- or five- Airmen team and you have to know what’s going on at all times,” Sergeant Domingos said. “You have to know every move each Airman makes because if something happens, you’re responsible for the job they do and ultimately — their life.”

The smallest mistake can mean the difference between life and death, but Sergeant Domingos said he has the highest vote of confidence in his crew.

“Anything can happen in our line of duty,” Sergeant Domingos said. “The worst case scenario is that someone could lose their life making one mistake. We train with attention to detail in everything we do. I have the highest level of confidence in my team. They listen, follow directions, they’re experts in what they do and they have great military bearing.”

Airman Skinner and Sergeant Domingos are two Airmen who believe their job has a greater impact in the world than working with bombs and missiles.

“It makes me proud to know that we’re helping maintain our nation’s defense,” Airman Skinner said. “Not a lot of people are a part of that and I’m proud that I am. At the end of the day, what it all boils down to is team effort — no matter what. Every single person has to work hard to make it happen. If something goes wrong for one person, it goes wrong for everyone.”

For Sergeant Domingos, working in the military is both an honor and a sacrifice and having a direct impact on the mission is a reward all in itself.

“Overall, it’s awesome to know that you’re contributing directly to the war,” Sergeant Domingos said. “Without these weapons this country wouldn’t be what it is today and I’m proud of the job I do.”



Airman 1st Class Ricky Johnson, a strategic flight team member, installs panels on a missile.



Photos by
Tech. Sgt.
Robert
Horstman
2d CS



Airman 1st Class Wendy Armstrong, a strategic flight team member, installs a rack on an AGM-129.



Airman 1st Class Brandon Kusek/The Bombardier

Mardi Gras!

Mrs. Kristen Vicej, wife of Tech. Sgt. Michael Vicej, receives a coin from Mr. Jim Padgett, who is the 2005 Krewe of Gemini parade captain, with her two daughters looking on at Chapel Two, Feb. 2. The royalty from the parade along with five dancers attended a Mardi Gras party for waiting family members of deployed members.

Tops in Blue performs

AF's premier entertainment show comes to civic center Feb. 22, 7 p.m.

STAFF AND WIRE REPORTS

Tops in Blue, the premiere entertainment showcase of the Air Force, is scheduled to perform Feb. 22 at 7 p.m. at the Bossier Civic Center.

Admission is free and open to the public. Doors open from 6-6:30 p.m. for Department of Defense card holders only and opens to the public after 6:30 p.m.

The 2004 edition of Tops in Blue entitled "Musicology" is a mixture of the musical sounds of America. Through the creative use of today's technology, Tops in Blue present a perform-

ance showcasing hits with their own special spin.

Tops in Blue's last performance at Barksdale was in July 2003 and was performed on the base football field in front of the sports and fitness center.

"I saw their last show and it was one of the best live shows I've ever seen," said Master Sgt. Sammy Ester, 2d Bomb Wing command section superintendent. "They always bring a great, quality family show each time they perform."

In this year's show, Tops in Blue created their very own musical formula. They take the swing of "The Brian Setzer Orchestra" and the groove of "Peaches & Herb" the harmonies of the "Tavares" and energy of "Madonna," adding the country of "Martina McBride," the emotion of "Whitney," and a pinch of "Hammer-time," then put it onto a stage setting of lighting and choreography.

"Since I've heard they're coming, I'm motivated and excited to see them again," Sergeant Ester said. "I hope I can get a front row seat."

After celebrating their 50th anniversary in 2003, Tops in Blue kept up its whirlwind tour schedule by visiting all the bases throughout the United States and to more than 23 foreign countries. Their tour schedule spans more than 130 locations and more than 150 shows and also includes entertaining forward-deployed troops in various locations in Iraq, Qatar, Afghanistan and Kuwait.

The Tops in Blue tour is sponsored by Coca-Cola and AT&T. As a bonus, one fan at each performance wins a 1,000-minute AT&T calling card.

Call 456-4681 or visit www.barksdaleservices.com or www.topsinblue.com for more information.



Cajun Warrior Attitude

Catch it!

Family: Husband, Lavell; daughter Miraje; dog, LaRose

Hometown: Riverside, Calif.

Unit: 2d Munitions Squadron

Job title: Missile technician

Job description: Record keeping, customer service, analyzing test failures, mechanical and electrical troubleshooting

Most rewarding job aspect: Helping others

Goals: To be happy

Hobbies: Video games and reading

What motivates my winning attitude: Knowing my job secures the safety and freedom of America

Favorite TV show: Iron Chef

Favorite dish: Anything with cheese

Favorite movie: A Bronx Tale

Favorite performer: Aaliyah

Favorite book: The Bible

I'm proudest of: The soldiers who keep us safe

Pet peeve: Rude people

My best asset is: Caring attitude

Person I admire most: My grandmother for raising eight children



Airman 1st Class Brandon Kusek/The Bombardier
Senior Airman Adrienne Stonum

What I like most about Barksdale: The lakes on the east side

If I could change anything about Barksdale it would be: Nothing

Most influential person for you in the Air Force: Staff Sgt. Anthony Anderson because he is always happy

2d Munitions Squadron at a glance

Squadron commander:

Lt. Col. Rodney Mason

First sergeant:

Senior Master Sgt. Gordon Gragson

2d Maintenance Group commander:

Col. Bret Klassen

Squadron motto:

Paragon of Power

tops in blue
USAF SERVICES

TUESDAY, FEBRUARY 22 • 7:00 P.M.
BOSSIER CIVIC CENTER
FREE ADMISSION

Call Glen Martin at 456-4681 for details!

Services events

For more information about 2d Services Squadron events, check their Web site at www.barksdaleservices.com

Library closure

The library is closed Monday through Wednesday for expansion of the computer lab and installation of the new integrated library system. Online services are still available during these three days at www.barksdalelibrary.org. The library will reopen Thursday. Call 456-4401 for more information.

Trash-n-treasures alley

A trash-n-treasures sale is scheduled Feb. 19 from 10 a.m. to 4 p.m. at the Arts and Crafts Center. Space rental is \$10. Call 456-5594 for more information or registration.

Bingo mania

The bingo buffet and early bird bingo begins at 5:30 p.m. Thursdays at the officers club. All ranks are welcome for a chance to win the progressive cash jackpot or other prizes. Bingo starts at 6:30 p.m. Call 456-4926 for more information.

Bingo is also at the enlisted club Mondays through Fridays at 7 p.m.

Valentine's dinner for two

The officers club schedules a Valentine's dinner for two Valentine's Day at 7 p.m. Cost is \$39.95 for member couples and \$45.95 for non-member couples. Reservations are required. Call 456-4926 for more information.

Car maintenance class

The auto craft shop offers a car maintenance class Feb. 26. Students learn auto safety, when to get expert maintenance, how to check a car for problems, how to check oil, fluids and brakes, how to change a tire and other basic car care tips. Cost is \$10. Call 456-4695 for more information.

Sweetie pie dance

The youth center hosts a sweetie pie dance Saturday from 7 to 10 p.m. Youth ages 9 to 12 are invited. Cost is \$3 for members and \$5 for non-members. Call 456-3448 for more information.

Mudbugs tickets

Watch the Mudbugs battle it out with various teams at the CenturyTel Center. Cost is \$8 per person at Gifts and Getaways. Call 456-1866 for more information.

Teen dyno rock trip

Teens ages 13 to 18 are invited to attend an overnight trip to Arlington, Texas, Feb. 19 and 20 for wall mount rock climbing. The group leaves from the youth center at 11 a.m. and returns around 9 p.m. Cost is \$10 per person and all participants must sign up in

advance by calling 456-3448 or stopping by the youth center.

Miss Saigon little theatre

Gifts and Getaways has tickets to "Miss Saigon," at Shreveport's Strand Theater. The show runs March 12 and 13. Stop by the Strand box office or Gifts and Getaways in the base exchange mall for the military discount.

10 percent off

To introduce the new menu the officers club provides members with 10-percent off meals Friday. Membership application forms are available at the officers club. Stop by or call 456-4926 for more information.

Frank's

Frank's Soups, Salads and Subs on Toasted Buns is coming March 1 to the enlisted club and will feature a wide variety of hot and cold sandwiches and specialty salads made for people on the go.

Child care

Before and after school care is available for children in kindergarten through age 12 at the youth center. This program is accredited by the National After-School Association. Call 456-3448 for more information.

Bowling center specials

Stop by the bowling center snack bar and pick up a lunch bunch punch card. The staff punches the card with every meal purchase. The 10th meal is free. The offer is good for all combo items on the menu.

For those in a hurry, the bowling center offers ready-to-go meals. Enjoy turkey or ham po-boys with cheese on a fresh hoagie roll, served with chips and a soda. Cost is \$3.50 and guests can get in and out in less than five minutes. Stop by the bowling center Monday through Friday for a fast, delicious meal. Call 456-4162 for more information.

Enjoy \$1 games of bowling Monday at the bowling center from 11 a.m. to 9 p.m. Bowlers' sweethearts bowl for 50 cents.

Couples fishing tournament

Outdoor recreation hosts a Valentine's Day couples fishing tournament Saturday at the Flag Lake housing dock. Participants will compete for the biggest fish of the day. The tournament is a catch and release with a half-pound penalty for dead fish. Cost is \$20 per couple (one man, one woman). Each participant must possess a Louisiana and base fishing permit. Prizes are determined by the number of participants. Registration is today. Call 456-7765 for more information.



At the movies

For recorded show times and movies, call 456-3666 or visit the Army and Air Force Exchange Services Web site at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$3, children \$1.50. A free movie is showing Saturday at 7 p.m. (Information and photos courtesy of www.movieweb.com)

"Fat Albert"

Rated: PG

Playing: Today at 7 p.m. and Saturday at 2 p.m.

Run time: 93 minutes

Cast: Kenan Thompson, Kyla Pratt

Synopsis: Fat Albert and the Cosby kids come to life and step out of their animated, inner-city Philadelphia, cartoon world. Literally, the crew steps out of a TV one day and into modern-day America, where they discover pop-top cans, shopping malls rap and girls.



"White Noise"

Rated: PG-13

Playing: Sunday at 7 p.m.

Run time: 93 minutes

Cast: Michael Keaton, Chandra West

Synopsis: Jonathan Rivers, distraught after his wife's death, is contacted by a man who claims to be receiving messages from her through what he calls electronic voice phenomena or the "white noise" most of us hear when we flip through the radio dial. Jonathon is at first skeptical, but then becomes convinced EVP is real and tries to contact her himself.

"Racing Stripes"

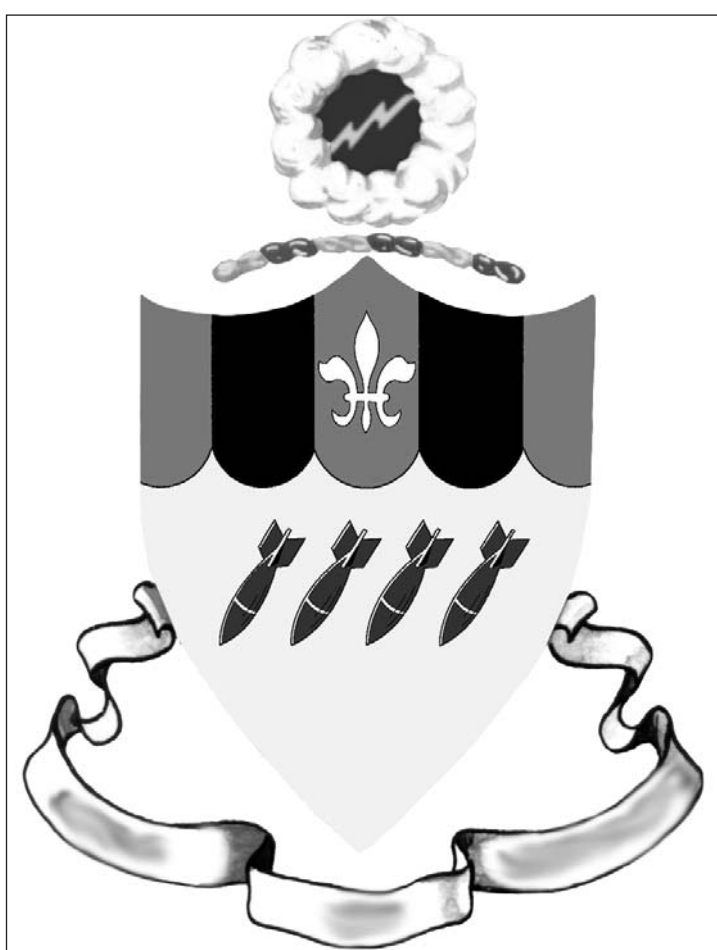
Rated: PG

Playing: Feb. 18 at 7 p.m.

Run time: 102 minutes

Cast: Voice of Frankie Muniz, Hayden Panettiere

Synopsis: During a thunderstorm, a traveling circus accidentally leaves a baby zebra. The foal is rescued by horse farmer Nolan Walsh, a champion thoroughbred trainer, and brought to his farm. The farm borders the Turfway Racetrack, where thoroughbreds compete for the Kentucky Crown. From the first moment Stripes sees the track, he's hooked. He knows that if he had the chance, he could leave the other horses in the dust.



Barksdale trivia

The U.S. War Department changed the original motto of the 2d Bomb Group to Libertatem Defendimus (Liberty We Defend) on April 15, 1940, a motto still used by the 2d Bomb Wing today. What was the original motto of the 2d Bomb Group/Wing?

- A. Mors et Destructico (Death and Destruction)
- B. Aut Vincere aut Mori (Conquer or Die)
- C. Semper Paratus (Always Ready)
- D. Mors ab Alto (Death from Above)

Answer:

A. Mors et Destructico (Death and Destruction) - originally approved by the U.S. War Department on Jan. 19, 1924.

Family Support Center

Located on the corner of Kenney Avenue and Curtiss Road, 456-8400. Reservations required for all events.

TAP seminar

A transition assistance program seminar is scheduled Tuesday through Thursday from 8 a.m. to 4 p.m. If a transition from military service to civilian life is in the future, make plans to attend this three-day workshop conducted by the Department of Labor. Skills needed to complete a successful self-directed job search and much more are taught.

Key spouse monthly training

A key spouse monthly training workshop is scheduled Tuesday at 10 a.m. This one-hour monthly training provides the key spouses time and information to improve the skills needed to reach out to spouses of deployed members through a formal support system. On site child care is provided.

Commander's lunch

A commander's lunch is scheduled Wednesday at noon. All commanders are invited to enjoy lunch at the Family Support Center. This is a great opportunity to enjoy great food and conversation with the FSC staff while also learning about programs and services available to organizations, military members and families.

Budgeting class

A budgeting class is scheduled from 9 to 11 a.m. Wednesday. This class is designed to teach the concept of budgeting, benefits of budgeting and how to use budgeting tools. Topics include becoming financially responsible, distinguishing between needs and wants, spending attitudes, budgeting, saving, managing and reducing debt.

Personal, family readiness briefing

A personal and family readiness briefing is scheduled Thursday at 2 p.m. The Family Support Center's Readiness Team provides information and support during times of separation. This briefing prepares active duty, spouses, family members and significant others for times of separation.

Marriage checklist

If marriage plans are in the future come by the Family Support Center for a marriage checklist to help with the "to do" list. It lists things to do before and after marriage such as basic requirements for marriage license, planning a budget, chapel arrangements, ID cards, base decals, Defense Eligibility Enrollment Reporting System enrollment and emergency data cards updates, Tricare life and auto insurance and legal consideration.

Community briefs

Chapel informaiton

Chapel One is located at 275 Barksdale Boulevard East and Chapel Two is located at 720 Douhet Drive. Call the chapel at 456-2111 for information on chapel services.

Dining hall information

Call 456-7733 for menu information from the Red River Inn dining facility. Call 456-4769 for menu information from the flight kitchen.



Sports shorts

Cheerleading tryouts

The Bombers Cheerleading tryouts are scheduled Feb. 28 through March 2. Participants must be at least 18 years old, male or female. People with no experience are welcome. A meeting is scheduled Feb. 17 at noon at the sports and fitness center and 6:30 p.m. at the Bossier Parish Central Library.

There are two squads: the varsity squad cheers for base teams and the competition squad. Participants may join both squads. Call Miss Mandy Griggs at 617-6736 or 965-3997 or Airman 1st Class Nicole Echols at 285-5813 or e-mail her at chernenko.echols@barksdale.af.mil for more information.

All star basketball game

The all star basketball game is Feb. 24 at 6 p.m. at the sports and fitness center. There is a slam-dunk contest at halftime. Call Staff Sgt. Scott Robertson at 46-4135 for more information.

Triple threat program

The fitness center offers a triple threat program. Men and women achieving 1,000 miles, 2,000 push-ups and 2,000 sit-ups receive prizes. Additional prizes are awarded at the 500-mile mark and at the 750 sit-up and push-up mark. Tracking sheets may be picked up at the front desk of the sports and fitness center. Call 456-4135 for details.

Free T-shirt

The fitness center offers the Run, Walk or Bike to Disney World Program. Participants track their cardio miles on a special mileage log. They are awarded a T-shirt when they reach 1,000 miles. All forms of cardio are accepted and mileage is based on the honor system. Pick up a mileage log at the fitness center front desk. Call 456-4135 for more information.

Workshops

Link Up To Golf, a PGA-sponsored workshop and series of classes, begins March 5 at Fox Run Golf Course and continues every Saturday throughout the year. The program includes professional instruction on golf fundamentals and actual course time. Cost is \$99 per person and includes six lessons two of which will be an "on course" experience. Call 456-2263 for more information.

Basketball standings

	W	L
2d SVS	8	0
2d OG	6	1
2d CES	6	2
2d MDG	6	5
2d CS	5	5
Army	4	3
2d AMXS	4	3
Navy/Marines	3	5
8th AF	3	5
2d MXS	3	6
2d LRS	3	6
2d MSS/2d MOS	3	7
2d MUNS	1	7

Standings as of Tuesday

2d BW Airman prepares for AF wrestling trials

By Airman 1st Class Brandon Kusek
The Bombardier

An Airman 1st Class from the 96th Bomb Squadron has been selected to attend the Air Force Wrestling Training Camp in Colorado Springs, Colo., April 22 through the end of May.

Walt Hoffman, a Chesapeake Bay, Md., native, is practicing with Parkway High School's wrestling team to prepare for his upcoming tryout for the Air Force wrestling team.

"Hoffman is an outstanding young Airman who worked extremely hard to complete all of his upgrade training six-months in advance to just get this opportunity," said Master Sgt. Gary Doolittle, 96th BS flight chief. "I know he will develop into an outstanding wrestler for the Air Force team."

Hoffman said it was difficult to find somewhere to train since the sport isn't big in Louisiana.

"It's a winning situation for everyone," Hoffman said. "I get to help out the wrestlers and prepare myself."

Although Hoffman is volunteering as an assistant coach, he thinks of it as much more than volunteer work.

"I don't see this as a chore because I'm doing something I love," Hoffman said.

In addition to working with the local high school, Hoffman is working out on his own and attends spin classes to help him cut weight.

"I have to lose about 30 pounds so I can get down to the weight class I'm going to try out for," he said.

Hoffman found out about the Air Force's team while at a national wrestling meet in high school.

"Talking to the (team's) coach was an additional influence to me coming into the Air Force," he said. "When this opportunity came up, I knew I wasn't going to miss this chance."

Although Hoffman is getting practice with the high school wrestlers, he will be wrestling greco-roman and freestyle, which is different than the folkstyle wrestled in high school.

Hoffman hopes his experience in national events will help him since

some of the competitors have wrestled at the college and high school levels.

"This will be tough, there will be a few Olympic qualifiers there," Hoffman said. "But I've beaten some very good wrestlers in the past."

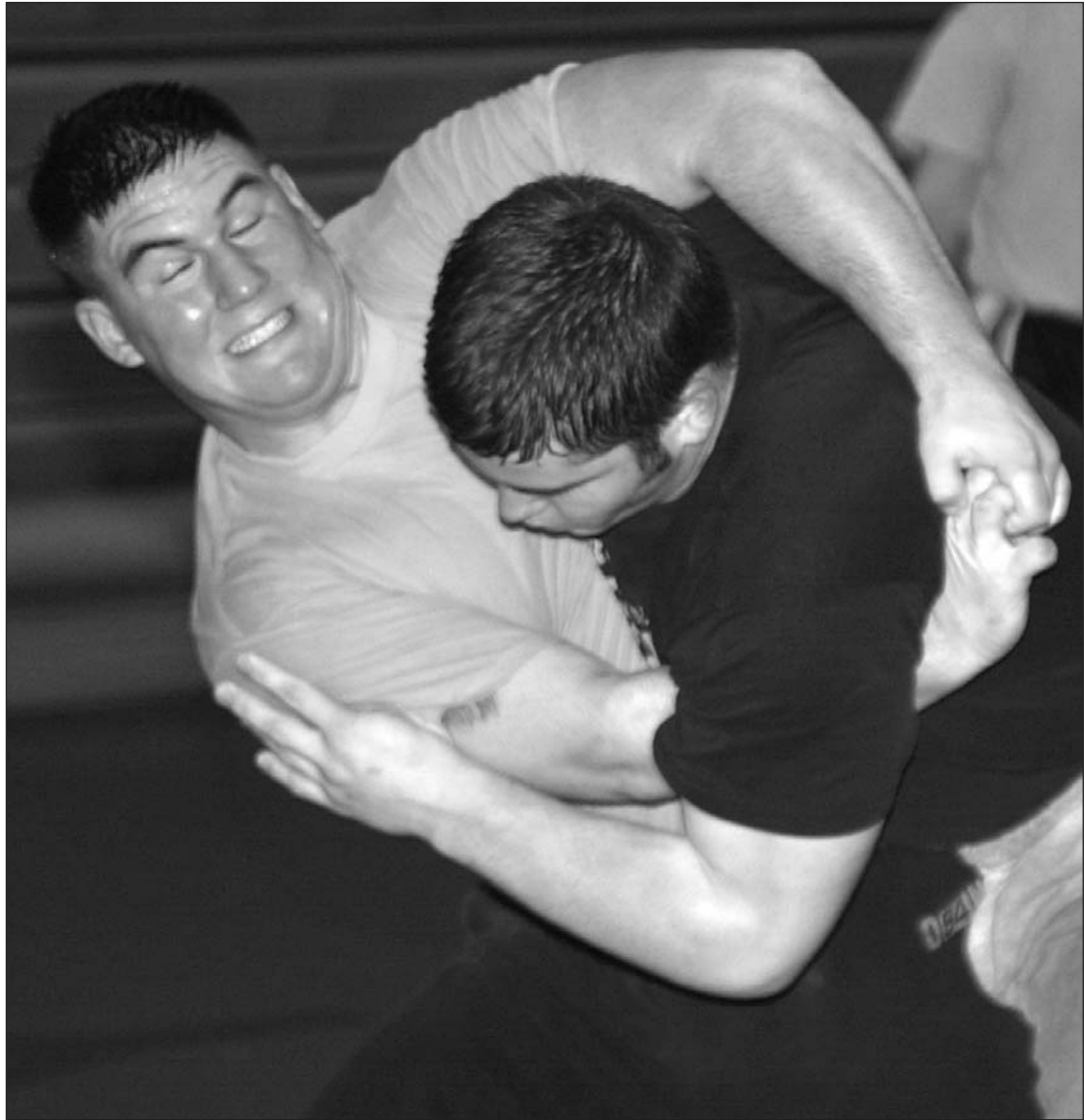
During his high school career Hoffman won 135 matches, 75 of which were by pin. He was also a four-time state qualifier and a three-time state medalist.

In addition to high school competition, Hoffman has wrestled in national tournaments and was most notably a four-time member of Maryland's national team.

"This is going to be a great opportunity for me and my Air Force career I hope I can make the best of it," he said.



Airman 1st Class Brandon Kusek/The Bombardier
Walt Hoffman attempts to roll his opponent during a recent practice with one of Parkway High School's wrestlers. Hoffman is training for the Air Force wrestling trials.



Hoffman practices a throw against one of Parkway High School's wrestlers.